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For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Dr. H. H. Plummer

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CASTORIA

ALCOHOL 3 PER CENT. A Pleasant Preparation for Stimulating the Bowels and Digesting the Stomach and Bowels.

INFANTS & CHILDREN

Promotes Digestion, Crabbiness and Rest. Contains neither Opium, Morphine nor Hazardous NARCOTIC.

Perfect Remedy for Constipation, Sour Stomach, Diarrhea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac-Simile Signature of *Dr. H. H. Plummer*

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At 6 months old 35 DROPS - 35 CENTS

Guaranteed under the Food and Drug Act.

Exact Copy of Wrapper.

GARDENS IN CITY ASSET TO HEALTH

Bring Joy and Pleasure to Careworn Men and Women.

MANY PROVE PROFITABLE.

Cultivated plots furnish ideal places to bring up children—make them stronger physically and more intelligent—exercise of the best sort.

Home, farm and garden—three words which touch every chord of the human heart. Furling has brought joy and health to many careworn men and women who have lost their health in a vain effort to keep the pace with the ever rushing tide of commercial life in great cities, says the Chicago Tribune.

If everybody who is advised to do so were to go to the farm the cities would soon be greatly depopulated and the country districts turned into a veritable garden city. Since this, for one reason or another, is not at all likely the next best thing for the city man to do is to bring the farm to the city. This he can do by buying a hoe, rake, spade, shovel and fork and using them to convert his back yard or nearby vacant lots into gardens.

Farming in the city can be made profitable and profitable. It can be converted into a moral and an economic force. It can be made a potential factor in preserving practical sanitary conditions in and about the homes in the cities, especially the homes in the poorer sections.

It can be used to raise the social and ethical standards of a community,

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Photo © by American Press Association.

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SUFFRAGETTES IN HOME BUSY

Rome, July 8.—The central feminist committee here has started a campaign in which it will endeavor to obtain declarations in favor of women suffrage from the candidates at the forthcoming parliamentary elections. Many of the leading statesmen of Italy have already declared themselves in favor of votes for women.

College of Agriculture and Mechanic Arts

THE STATE NORMAL COLLEGE

Prepares men for successful lives in Agriculture, Horticulture, Stock Raising, Dairying, Poultry Work, Veterinary Medicine in Civil, Electrical, and Mechanical Engineering in Chemistry and Mining in Cotton Manufacturing. Four year courses. Two and One year courses. 53 teachers; 600 students; 23 buildings; Modern Equipment. County Superintendents hold entrance examinations at all county seats July 10. Write for complete catalogue to E. B. OWEN, Registrar, West Raleigh, N. C.

SAVES DAUGHTER

Advice of Mother no Doubt Prevents Daughter's Untimely End.

Ready, Ky.—I was not able to do anything for my nearly six months' old daughter, Lillian, of this place, who was down in bed for three months. I cannot tell you how I suffered with my head, and with nervousness and womanly troubles.

Our family doctor told my husband he could not do me any good, and he had to give it up. We tried another doctor, but he did not help me.

At last, my mother advised me to take *Cardui*—the woman's tonic. I thought it was no use for I was nearly dead, and nothing seemed to do me any good. But I took eleven bottles, and now I am able to do all of my work and my own washing.

I think *Cardui* is the best medicine in the world. My weight has increased, and I hope the picture of health.

If you suffer from any of the ailments peculiar to women, get a bottle of *Cardui today*. Delay is dangerous. We know it will help you, for it has helped so many thousands of other weak women in the past 50 years.

At all drug stores.

How to Obtain *Cardui*—Medicine Co., Ladies' Advisory Dept., Cincinnati, Ohio. Write for free literature. *Cardui* is sold in 64¢ and \$1.00 bottles. Name Treatment for Women, in plain wrapper, N. C. 125

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OUR SAVINGS DEPARTMENT

paying 4 Per Cent Interest on savings is the path on which to make your start.

CHOICE CUT FLOWERS

Roses, Carnations and Asters.

In all colors. Our artistic arrangement in wedding, outfits are equal to the best. Nothing finer in floral offerings than our styles. Pot plants, palms, and ferns for house decoration.

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either on business or for pleasure without Accident Insurance. 25c a day for \$5,000. Cheap enough, isn't it? Phone 59 for it. Office over First National Bank.

Wm. Bragaw & Co. First Insurance Agents in Washington, N. C.

Square Deal Store

Everything Guaranteed

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Every large corporation employs an expert in the various departments. If a banker needs an expert on credits, it spares no expense in employing such a man, no matter where he may live. If a cotton mill needs a superintendent, it employs the best; if a newspaper needs an editor, if a railroad needs an engineer, or if a factory needs a manager, it gets the best man possible without asking where he resides.

Sumter, S. C., a city of 10,000 people, employed an expert to manage its city affairs, look after the parks, business streets, sewers, police department, fire department and all other municipal businesses. Sumter did not ask if the city manager where he lived; he was not elected by the voters and hence, the office was taken out of municipal politics. The mayor and councilman employed the best man they could find and turned over the affairs of the town to him and expected results just as the manager of a factory must get results. The outcome was far more satisfactory than even the most sanguine had hoped for. Expenses and leaks were reduced and efficiency promoted.

Now Whittier, Cal., and Hickory, N. C., are preparing to vote on the question of adopting the city manager plan. Morganton, N. C., adopted it soon after the success of the Sumter plan became known. In El Reno, Okla., there is an amendment on foot which would discard the commission plan of government and substitute a council of nine members with a city manager. The city manager plan is also favored in Douglas, Ark.

These are small communities. It is true, but it shows the trend of sentiment in the direction of introducing expert municipal government.

YEAR BOOK SHOWS GREAT DAMAGE CAUSED BY FLIES

Government Publication Arouses Public to Destroy Breeding Places.

Flies of every species and the annoyance they cause rank and least as well as their facilities for spreading disease, are described in detail in the year book of the department of agriculture.

Horseflies, gadflies and earlies, the body, the head, the mouthparts and the stings they have made the subject of careful study by the department of agriculture experts and are certain to be more feared by citizens when the damage which they are capable of causing is better understood and appreciated by the public.

To the group of insects known as horseflies, gadflies and earlies is attributed the transmission of certain blood diseases of live stock. Among the most important of these is the deadly disease known as anthrax.

Bodies burrow into the flesh of horses and cattle, while the horrid, one of the most injurious insects in the country, also confines its attack principally to live stock. The losses sustained are entirely due to the torment and irritation produced by the bites of the fly and by extraction of blood.

The stable fly, a close relative of the housefly, is distinguished from the latter by its prominent piercing mouth parts. All animals, including man, are attacked by this insect.

The best way to prevent the stability, the government authorities point out, is to destroy the breeding places of the insects. Refuse should not be allowed to collect in stables, while structures in which horses and cows are housed should be screened the same as dwellings, it is stated.

VACANT LOT GARDENING IN TORONTO

Toronto has joined the ranks of the cities in which there is an active vacant lot gardening movement. Over thirty parcels of vacant land in the business section of the city have been loaned to the Playgrounds association and prepared for gardening by the Plovmen's association of York township. The start of the new venture was celebrated by a dinner to the plowmen on the evening of that day. Seeds and implements have been promised so that the children will have everything necessary for successful gardening.

JOHN D. IS SEVENTY-FOUR

Cleveland, Ohio, July 8.—Telegrams of congratulations are pouring in upon John D. Rockefeller, who is celebrating his seventy-fourth birthday at his summer home, Forest Hill today. Mr. Rockefeller is in fairly good health, although he has been suffering somewhat from sleeplessness lately. Beyond a family gathering no special notice was taken of the event at Forest Hill.

THE TRUE BOY

If you like the modern boy...
If you have had the great...
If you want to make a hit...
If the other fellow's...
Spend your money in the town...
Where you will get the most...
Give the man who sells a...
That's the game!

If you're used to giving...
Change your style...
These boys are...
For a while...
Let the other fellow...
Shun him as you would a...
Meet his hammer with a...
And a smile.

When a stranger from...
Comes along...
Tell him so and what...
Make it strong...
Needs a matter never...
Tell the truth, for that's...
Tell the truth, for that's...
We balance.

—Cincinnati Commercial Tribune.

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